



## CANADIAN ROCKIES

DON'T JUST DISCOVER THE CANADIAN ROCKIES. EXPLORE THEM.

Mother Nature broke the mold when she made the Canadian Rockies, and you won't truly understand what we mean until you join us for a bonanza that's so far off the grid, you may never want to come back. Welcome to raw wilderness, with jagged ice caps, the smell of fresh pine and a soundtrack of streams that take you back to your roots. We'll ride deep into the mountains of two Canadian Rockies national parks (both UNESCO World Heritage Sites), past grand ponds and lakes, through canyons and across spires of rock carved from millions of years of glacial erosion. Then, we'll swap our cycling cleats for hiking boots and journey deep into Larch Valley, for an explorer's buffet of flora, fauna and foliage. That, along with canoeing on one of the most beautiful lakes you are likely ever to see-this is the kind of Trek Travel adventure that truly has it all. Well, we take that back. The one thing you won't find here is a strong connection to the modern world. Because when you're rediscovering your relationship with Mother Nature, you don't want anything to disturb you!

### TRIP WOWS

Enjoy the pristine beauty of the national park lakes and mountains by bike, hike, and canoe

See bears, elk and deer in their natural habitat

Hike in the mountains with local naturalists who will introduce you to the fauna and foliage of the area

Canoe on the spectacular Moraine Lake

From  
**\$3999**

Rider Type  
**Active / Recreational**

Hotel Style  
**Luxury**

Duration  
**6 days | 5 nights**

Start | End  
**Banff, Canada**

Dates  
**2019/Jun/Jul/Aug**

Stay in cozy, comfortable and secluded accommodations



## DAILY ITINERARY

2019

Day

1

### TODAY'S RIDE:

**Today Canmore to Banff via Legacy Trail**

Approximately 15 miles with 848 feet of climbing

### DESCRIPTION:

Welcome to the Canadian Rockies! After meeting your guides at either the lobby of the Fox Hotel and Suites at 11:00 AM or the lobby of Coast Canmore Hotel & Conference Centre at 11:45 AM, we'll enjoy a lunch of fresh local treats. After, we'll prepare for our first ride of the trip. Your guides will familiarize you with your Trek bike, including a bike fit session along with safety talks and expectations for the week. We'll then set out on our first ride of the trip: a pedal toward Banff along Legacy Trail, a system of bike path that winds through incredible scenery and leads us into the national park. This first ride follows a beautiful path through the forest, which will warm up our legs as we cruise past lakes and mountains. Our last climb is on Tunnel Mountain, and brings us to our hotel nestled above the busyness of Banff. It's the perfect place to start the trip, hidden away from the hustle and bustle, with plenty of close views of elk and deer on the grounds. This evening we'll gather at the hotel for a social hour and first-night celebration.

### HOTEL:

Buffalo Mountain Lodge

### INCLUDED MEALS:

Lunch | Social Hour | Dinner

## Day

# 2

### TODAY'S RIDE:

#### **Banff to Minnewanka Loop with Banff Golf Course**

Approximately 28 miles with 1,480 feet of climbing

### SHORT OPTION:

#### **Banff to Cascade Pond with shuttle**

Approximately 23 miles with 1,160 feet of climbing

### AVID OPTION:

#### **Banff to Minnewanka Loop with Mt. Norquay**

Approximately 36 miles with 2,540 feet of climbing

### DESCRIPTION:

It's great to wake up in Banff. The wilderness gently stirs you naturally and after breakfast at the hotel, we set out on a locals' favorite loop out of Banff toward Lake Minnewanka. Make sure to get some photos of the hoodoos eroded rock spires and the view of Banff at "Surprise Corner". We'll pass Lake Minnewanka and Two Jacks Lake and possibly a Bighorn sheep or two, and stop at Cascade Ponds for a picnic lunch and maybe a refreshing swim. After we return to the hotel, the rest of the day is yours—relax, book a spa treatment in town, and explore Banff! Dinner is on your own, perhaps with newfound friends, at any of the excellent restaurants in Banff.

### HOTEL:

Buffalo Mountain Lodge

### INCLUDED MEALS:

Breakfast | Lunch

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## Day

# 3

### TODAY'S RIDE:

#### **Banff to Lake Louise village with shuttle**

Approximately 37 miles with 1960 feet of climbing

### SHORT OPTION:

#### **Banff to Baker Creek with shuttle**

Approximately 29 miles with 1520 feet of climbing

### DESCRIPTION:

This morning starts the same as yesterday, with Mother Nature as your alarm clock and breakfast at the hotel. Today's ride out of Banff follows the old Highway 1A, also known as the Bow Valley Parkway. It's a main corridor for wildlife traffic that runs parallel to the Bow River, an important water source fed by the Bow Glacier, which runs almost 600 km toward the prairies. Watch for elk and black bears as we pedal to our next activity—a short hike along the walls of Johnson Canyon to see its powerful lower waterfalls. We'll then ride past some impressive views of Castle and Storm Mountains. Choose to bank some extra kilometers up Vermillion Pass to the Continental Divide. We'll stop for lunch in Baker Creek and then head to Lake Louise, where our shuttle awaits to our next hotel. You're sure to love Moraine Lake Lodge, a special retreat where guests enjoy nightly private views of one of the park's most beautiful lakes! We'll gather as a group this evening for social hour and dinner.

### HOTEL:

Moraine Lake Lodge

### INCLUDED MEALS:

Breakfast | Lunch | Social Hour | Dinner

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## Day

# 4

### TODAY'S ACTIVITY:

#### **Hike with naturalists**

Views of the Valley of the Ten Peaks

### DESCRIPTION:

We'll take a break from the bike and lace up our hiking boots for an adventure you can only find in the Canadian Rockies. The group will join our local naturalists on an avid hike into Larch Valley. We'll stop at a beautiful meadow surrounded by groves of larch trees and wildflowers, under amazing views of the Valley of the Ten Peaks. We'll talk flora, fauna and foliage, as well as geology and history of this region, and you'll emerge a true expert on the area. This afternoon, choose to explore on your terms, including a canoe on the lake, or even a swim in its glacier-fed waters. The silt runoff from upstream sedimentary rock give the lake a particularly intense turquoise color, unlike any other on the continent. Conversely, if relaxation is your thing, spend some time in an Adirondack chair with a good book or great conversation. Dinner tonight is back at our hotel.

### HOTEL:

Moraine Lake Lodge

### INCLUDED MEALS:

Breakfast | Dinner

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# Day

## 5

### TODAY'S RIDE:

#### Lake Louise to Bow Lake Return

Approximately 44 miles with 2260 feet of climbing

### SHORT OPTION:

#### Lake Louise to Bow Lake (with shuttle)

Approximately 22 miles with 1730 feet of climbing

### AVID OPTION:

#### Lake Louise to Bow Summit Return

Approximately 52 miles with 2780 feet of climbing

### DESCRIPTION:

Today is classic Canadian Rockies day, as we set out on a cyclists' favorite route on Icefields Parkway. You're surrounded by peaks and glaciers on all sides as we cruise to Bow Lake for a picnic lunch. After the return ride back, we'll shuttle toward our final hotel on gorgeous Emerald Lake, but not before we stop to regale the engineering marvel of the Spiral Railway Tunnels and the Natural Bridge, a beautiful rock formation created over time by the Bow River. Our destination for the evening, Emerald Lake, is a spectacle unto itself. Named for its intense, jade-colored waters, this lake is located in Yoho National Park, and is the largest of the area's 61 lakes. It's a premier tourist attraction, but we'll have the opportunity to quietly enjoy it during our stay at the historic Emerald Lake Lodge. This hotel is over 100 years old and part of the story of construction of the Canadian Pacific Railway. Tonight, we'll gather for one last celebration in its famous dining room. After dinner, share stories around the fire pit with your newfound friends, and then retire at your leisure to a luxury cabin room.

### HOTEL:

Emerald Lake Lodge

### INCLUDED MEALS:

Breakfast | Lunch | Social Hour | Dinner

# Day

## 6

### TODAY'S ACTIVITY:

#### Departure

Final morning breakfast and walk around the lake

### DESCRIPTION:

It's our final morning together as a group, and a great chance to relax and get in one last appointment with nature. After a delicious hot buffet breakfast and coffee, choose to take a walk around the lake—a 5km light hiking loop that allows you to take in all the beautiful surroundings one more time. Or, perhaps rent a canoe for an early morning paddle (for an additional fee). For those seeking one last adventure, opt to head out with your guide to visit the magnificent Takakkaw Falls. Standing 373m tall, these falls are the second highest in Canada and truly a sight to behold. From the hotel, you will say goodbye to your guides and board a private shuttle back to Banff, where you can continue to enjoy more time in the area or make arrangements for your shuttle back to Calgary to return home.

### HOTEL:

Emerald Lake Lodge

### INCLUDED MEALS:

Breakfast

## WHAT'S INCLUDED

### For us, the details matter most

Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It's the little additions to every Trek Travel cycling vacation that make it truly special. And that's how we help you create more memories.

### What's Included

- 5 nights of accommodation at handpicked hotels
- Two experienced guides to provide local knowledge, support, and camaraderie
- Daily route support with both guides and our support van
- Daily breakfast, 4 lunches and 4 dinners
- 3 social hour of drinks and hors d'oeuvres
- Ride a Trek Domane SL 7 disc, Trek's newest Electric-Assist, or a Trek 7.6 FX Hybrid
- Up to three daily route options on riding days
- Snacks and drinks for each day's ride
- Trek Travel Bont rager cycling jersey and socks to keep
- Trek Travel water bottles to keep
- Cinch sack day bag to keep
- Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bont rager Flare R lights, a Bont rager saddle and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals)
- Bont rager WaveCel helmets
- All gratuities for drivers, local experts and hospitality staff
- All luggage transfers and transportation during your trip



- A personalized photo book of your trip
- Entrance fees for all activities, private tours and events

## Gear

- Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting or Trek 7.6 FX Hybrid bike
- Trek Electric Assist XM700+ also available in a limited quantity
- Trek Travel Bontrager cycling jersey to keep
- Trek Travel water bottles to keep
- Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals
- Bontrager WaveCel helmet
- Bontrager men's and women's specific saddles
- Bontrager front and rear Flare R lights and a flat pack
- Garmin Edge 1030 GPS computer
- Cinch sack day bag to keep
- Upgrade your bike to include carbon wheels (+\$200)
- Coupon valued up to \$500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.
- *For the most comfortable ride, you may choose to bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.*

## THANK YOUR GUIDES, BY TIPPING

Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care and service.

## What's Not Included

- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

## HOTELS



### BUFFALO MOUNTAIN LODGE

#### BANFF, ALBERTA

An undiscovered gem, this peaceful mountain resort retreat sits outside the busy center of town and well off the map. Rooms boast wood-burning fireplaces and cozy mountain décor. The premier accommodations feature elegant bathrooms with an old-fashioned bear-claw footed bathtub, separate stand-up shower stall and heated slate floors for extra comfort and relaxation. Enjoy the outdoor hot tub under the stars and light of the moon. And be prepared—it's not uncommon to see elk and deer feeding on the hotel grounds!



### MORAINÉ LAKE LODGE

#### LAKE LOUISE, ALBERTA

Get ready to unplug and relax in this exceptional lodge accommodation. Voted by readers of Condé Nast as one of Canada's top 10 resorts last year, this luxurious retreat sits alone on a stunning lake surrounded by a dramatic mountain range in Banff National Park. The hotel is truly a vacation from all the anxieties of the modern world; it's only open in the summer season and the rooms don't include wifi, phones or television. Everything here is designed to reflect the classic Canadian mountain charm, with beautiful views and fantastic hiking and canoeing right outside the door.



### EMERALD LAKE LODGE

#### FIELD, BRITISH COLUMBIA

Blissfully nestled in Yoho National Park, Emerald Lake is the ideal setting for our last night's stay. The hotel cabins provide a relaxed, rustic atmosphere while still offering a luxurious, comfortable stay. You won't be bothered by the rumblings of technology here, as the only access to telephones, internet and television can be found in the main lodge. The hotel restaurant is well-celebrated, offering up local game and seasonal items. Enjoy the clubhouse which provides a sauna, gym and hot tub to truly relax after a day of adventure. *Please note: This is an explorer-level property.*



# MEETING & DEPARTING

## How To Get There

We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays.

We recommend that you fly into Calgary International Airport (YYC). We suggest booking with Banff Airporter shuttle service (<https://banffairporter.com/>) in advance. Use our discount code "Trek" at the time of booking to receive 15% off the regular cost of travel between Calgary and Banff. The drive will take approximately 1.5 hours with departure times almost every hour. We strongly recommend planning ahead and also booking a return ticket for after the trip.

## Before & After: Banff Or Calgary, Canada

Choose to spend a night in Calgary, a cosmopolitan, progressive Canadian city full of cool eateries and great night life, as well as shopping and entertainment to fill anyone's taste. It's worth spending some time exploring here and taking in a few of their top tourist sites including the Calgary Tower, any of the numerous art museums and galleries, and Prince's Island Park. Alternatively, spend a night in the vibrant mountain resort town of Banff. It's the hub of activity within Banff National Park, and has a large selection of restaurants, bars, boutique shops and cultural events, all under a banner of spectacular views and wildlife that's closer than ever. Please make sure to book any accommodations as

## Meeting Time And Location

Trek Travel now offers two pick-up times and locations on Day 1 to allow those traveling from Calgary on Sunday to use the Banff Airporter shuttle. **For the first pick-up, your Trek Travel guides will meet guests in the lobby of the Fox Hotel and Suites in Banff (461 Banff Ave, Banff, AB T1L 1H8) at 11:00 AM. After a short shuttle to Canmore, your Trek Travel guides will pick-up any remaining guests at the Coast Canmore Hotel & Conference Centre (511 Bow Valley Trail, Canmore, AB T1W 1N7) at approximately 11:45 AM.** Please let your Trip Consultant know at which location you plan to meet your guides. Next, you'll be treated to a delicious lunch of regional favorites as well as a tasting of some of the local craft beers and sodas, followed by a personal bike fitting to ensure a smooth and comfortable ride. Your guides will then present an overview of the day's ride as well as some key safety tips and off we'll go! Please have your first day's riding gear handy and separate from your other luggage to facilitate the bike fitting and ride.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip start with their names and contact details. If you cannot reach them, please call our first hotel, Buffalo Mountain Lodge (+1 800-661-1367) and leave a message with your expected arrival time and contact details.

## Departing Time And Location

You will say farewell to your guides at 11:00 AM at the Emerald Lake Lodge and board a private, one-hour shuttle that will take you back to downtown Banff, dropping you back at the Fox Hotel and Suites, where you can enjoy more holiday time or book your airport transfer to continue back to Calgary airport. If you are flying out the same day, please do not book your flight any earlier than 4:00 PM in order to allow for ample travel time.

### HOTEL LE GERMAIN

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This boutique, eco-friendly luxury hotel in the heart of downtown Calgary has large rooms in a modern design, a beautiful on-site spa and a great restaurant. Walk to the Arts Commons Centre and Stephen Avenue. Or relax in one of the hip, sophisticated 143 rooms with all the creature comforts.

[www.legermainhotels.com/en/calgary](http://www.legermainhotels.com/en/calgary) | \$170

### FAIRMONT PALLISER

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A historic landmark hotel with a truly regal feel, this hotel offers a classic style and excellent service. It is well-situated and close to many options for dining, night life and entertainment. Take advantage of a well-equipped health club and an onsite spa with either luxury or express package options.

[www.fairmont.com/palliser-calgary](http://www.fairmont.com/palliser-calgary) | \$140

### RESIDENCE INN BY MARRIOTT CALGARY AIRPORT

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This convenient, all-suite hotel is a great choice for proximity to the airport. The rooms are well-appointed, comfortable and they offer a free airport shuttle service, breakfast and wifi.

[www.marriott.com/hotels/travel/yycri-residence-inn-calgary-airport](http://www.marriott.com/hotels/travel/yycri-residence-inn-calgary-airport) | \$120

early as possible, as hotels fill fast in peak season. *Photo by Banff & Lake Louise Tourism / Paul Zizka Photography.* We recommend the following accommodations for your pre and post-trip hotel:

\* Hotels listed above are local properties we love. We do not have special rates available.



## FAQS

### What Are The Daily Rides Like?

- Rider Type | 2/3 - Recreational/Active
- Average Daily Mileage | 31
- Terrain | Moderate
- Average Daily Elevation | 1,637 feet
- Total Miles | 124
- Total Elevation | 6,548 feet

Averages and totals are calculated from our Today's Ride options.

The terrain is varied with mountainous areas and occasional climbs. The roads are busy with tourist traffic, and the park restricts cycling to Moraine Lake Lodge and Emerald Lake Lodge, so shuttles will be provided. This trip is best suited for our Type 2-3 Riders. Our Trek Travel guides can also easily accommodate Type 1 Riders, who seek less mileage or fewer uphill, with a boost in the van. Type 3+ Riders will enjoy the extra mileage the avid route options offer. Due to the nature of the roads in this area, there are few longer routes or big climbs available.

### What are the options for a non-rider travel companion?

On most Trek Travel trips, we offer non-riding options for riders who want to take the afternoon off, or travel companions who want to spend little or no time in the saddle. Some of these options may need to be scheduled before your trip—please contact one of our Trip Consultants for more information. Expenses and/or related transportation to these activities may not be included in the trip price. Some non-riding options on this trip are:

- Shopping
- Hikes
- Canoeing
- Spa treatments (not included)
- Horseback riding (not included)
- Golf (not included)
- Gondola ride (not included)
- Swimming in the lakes
- Spend time in Banff

### Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.